



Eye Yoga - How You See is How You Think

Dr. Jane Rigney Battenberg, Martha Rigney

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Many of us are looking for ways to maintain and even improve our vision. Drawing from such diverse fields as brain neuroplasticity, Neuro-Linguistic Programming and natural vision improvement, Martha Rigney and Jane Battenberg make important connections between the eyes and brain that can reawaken deep brain capacities through simple eye exercises.

In *Eye Yoga: How You See is How You Think*, you will find easy-to-follow diagrams and photographs that help you perform the exercises with ease, whether alone or with a partner.

Eye Yoga is written in an easy, light style, offering a depth of experiences and references. Introducing advanced research, Martha and Jane reveal essential insights concerning the eye/brain and TV-watching, video games, the effects of colors, stroke recovery, visualization therapy, the irises ability to reflect our innate personality, and many other topics. Prepare to be entertained as your eyes are opened to new possibilities.

"*Eye Yoga* is a visionary book about vision. It offers state-of-the art practices to improve one's seeing of both outer as well as inner worlds. The authors address both sight and insight in ways that add new possibilities to human experience. The techniques offered here are superb and enhance both physical and mental performance in unexpected and deeply gratifying ways. Read this book, do the exercises and see a new world."--Jean Houston, Ph.D., author of numerous books including *A Passion for the Possible*, *A Mythic Life*, and *Jump Time*

"The eyes guide your every move. Thus, your vision is reflected in every step you take. Change your vision and your life will surely change. This book will show you how."--Jacob Liberman, O.D., Ph.D., author of *Light: Medicine of the Future*, *Take off Your Glasses and See*, and *Wisdom from an Empty Mind*

"*Eye Yoga* challenges the current myths about vision and gives the reader a very clear road map on how to improve one's eyesight and vision. The exercises are excellent tools to help a variety of vision problems. I highly recommend it!"--Sam Berne, author of *Creating Your Personal Vision*

"Stated in simple language without hype, *Eye Yoga* is a uniquely gentle path to better vision. It is eager curiosity not forced discipline that brings success. In the process you'll discover how your brain works your eyes to see your deeper self."--Ray Gottlieb, O.D., Ph.D., author of *Neuropsychology of Myopia*

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William McNally:

Why? Because this Eye Yoga - How You See is How You Think is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will shock you with the secret this inside. Reading this book adjacent to it was fantastic author who have write the book in such amazing way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your ability and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the e-book store hurriedly.

Doug Campbell:

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Margaret Watt:

The book untitled Eye Yoga - How You See is How You Think contain a lot of information on the idea. The writer explains her idea with easy way. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read that. The book was compiled by famous author. The author brings you in the new era of literary works. You can read this book because you can please read on your smart phone, or device, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open their official web-site along with order it. Have a nice learn.

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